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No injuries in

EMERGENCY There were no injuries after an electrical fire forced the evacuation of those inside the TD **Building on Barrington** Street yesterday afternoon.

Halifax Regional Fire and Emergency Services was called to the scene at about 4:15 p.m. after they say a switch malfunctioned in one of the panels of the electrical room in the building's basement. A fire spokesman said there was some smoke, but it never left the basement area.

News on the Maye

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No injuries in TD Building fire Arrested twice in 10 hours

Clayton Park woman charged with impaired driving two times in one day

MONIQUE MUISE

A Clayton Park woman arrested twice in a 10-hour span for impaired driving sat motionless in a Halifax courtroom yesterday as a judge ordered her to stay away from alcohol and forbade her from operating any motor vehicle.

The woman appeared drawn and exhausted during her brief appearance, staring at the floor and answering the judge's questions in a barely audible whisper.

Halifax Regional Police allege the first incident happened around 8:40 a.m. Tuesday, when someone phoned police to report a possible impaired driver on Regency Drive. Police say they tracked down the vehicle, tested the woman behind the wheel, and determined she was above the legal limit. According to police spokesman Const. Brian Palmeter, the woman was arrested and her car left at the scene.

"I'm not sure how she got home (from police headquarters)," Palmeter added.

Just 10 hours later, police say two more concerned citizens called 911 to report that someone was driving erratically down the Bedford Highway near Wedgewood Avenue.



Diedra Fougere is escorted from a courtroom at Halifax provincial court yesterday. Fougere was arrested twice Tuesday and was charged with impaired driving on two separate occasions — once in the morning and then again in the evening.

It turned out to be the same woman, police allege.

This time, said Palmeter, she refused a breathalyzer test, and was again arrested and charged.

"This is certainly some-

thing that's very rare," Palmeter said. "If somebody gets charged once, we would certainly hope that they would learn from that and not put themselves in a position to be arrested

and charged again in such a short period of time.'

He explained the officer took the unusual step to hold the suspect overnight because the second arrest "really showed the propen-

Tipsters

Police in Halifax say the public has been an enormous help this winter in identifying and tracking down impaired drivers in HRM. Over the past four days, at least six people have phoned 911 to report having seen someone driving erratically. On Monday night alone, three people were arrested and charged as a direct result of those tips, said RCMP spokesman Cpl. Joe Taplin. Three more calls Tuesday led to the arrest, and subsequent re-arrest, of 50-year-old Diedra Fougere of Clayton Park.

sity to continue the offence?

"Obviously, this could have ended differently, with somebody being seri-ously hurt," he added.

Diedra Fougere, 50, is charged with two counts of impaired driving, one count of failing the breathalyzer, and one count of refusing a breathalyzer in connection with two separate incidents.

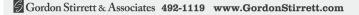
Fougere has two previous impaired driving convictions. The first was handed down in New Glasgow in October 1990, and the second in Port Hawkesbury in 2001.

She is scheduled to return to court in Halifax Feb. 23.

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Local



Olympian to speak at fundraiser

Canadian Olympic kayaker Adam van Koeverden, left, is coming to Halifax later this month as the keynote speaker for Special Olympics Nova Scotia fundraiser on Jan. 27 at the Cunard Centre. In 2004, van Koeverden became a national sports celebrity when he won two medals at the Summer Olympics, a gold and a bronze. Tickets for the fundraiser are \$125 each or \$1,250 for a table of 10. They can be ordered through the Special Olympics Nova Scotia office at 429-2266, ext. 2. METRO HALIFAX

METRO INTERNATIONAL NEWSPAPER OF THE YEAR

Restore funds for Cat ferry, CAW urges

LABOUR The Canadian Auto Workers union is calling on the Nova Scotia government to restore funding for the defunct ferry service out of Yarmouth

The union's Atlantic director, Les Holloway, says the province's decision to discontinue funding for the run to Maine lacks compassion for the affect-

ed workers. Holloway says it would have been better to continue to fund the present Cat

ferry while beginning a discussion on the future of the service.

The union had a meeting yesterday with Premier Darrell Dexter to discuss concerns

Dexter has said he's open to the possibility of providing short-term cash to help keep a ferry service operating — but not a long-term subsidy.

The premier says he's waiting to see the results of a study of transport needs for the southwestern region of the province.

THE CANADIAN PRESS

Weathering storm days

School boards advised to plan for home learning in new report

JON TATTRIE

A string of school storm days could turn into a pile of homework to keep students from falling behind. suggests a report released yesterday.

Nova Scotia's Education Department hired Jim Gunn to explore better ways to deal with storm days after last winter's spike in lost time. He made six recommendations, among them: Develop contingency plans for home learning, improve communications storm-day decisions and get teachers to better use the time off.

Gunn, who spent 15 years as a school-board superintendent, said he wants provincial boards to discuss improved methods of handling monster winters like last year's, which saw six of the seven boards miss above-average numbers of days, including 12

lost in Chignecto-Central. "I wrote this report ... to anticipate another winter like this," he told Metro yesterday. "If we lose four or five days per winter like we usually do, it's not a big deal."

If students have missed a week by Christmas, it may be time to reclaim the days. Schools regularly lose time to things like fires or floods and those catch-up plans could be re-purposed for storm days, Gunn said.

The growing online presence of many schools means virtual learning



Students walk up the path to Citadel High in this November file photo. A new report was released yesterday to help school boards better deal with cancelled school days due to winter storms.

could keep students on top of things even when the snow blows. If teach-

ers can make it to school when students can't, the teachers could use the

HRSB response

• After losing a record 7.5 days across the region last winter to storms, the Halifax Regional School Board plans to read yesterday's report closely, despite not losing a single day so far this

"I'm sure the board will look at (the report) with great interest and possibly look at ... policy changes," said spokesperson Doug

Hadley. Last winter's toll was the greatest the HRSB has seen in a non-Juan year.

Hadley noted the HRSB is already acting in some areas, such as posting a video of the superintendent explaining how storm days are called.

Its policy for catching up individual students who lose too much school time could be adapted to storm days, he said.

time for "professional collaboration.

Gunn added he was happy to leave detailed planning to individual school boards.

"We're happy we have a report in hand that we think may be of some help to school boards when they update their inclement weather policies," said Peter McLaughlin, spokesperson for the Education Department.

He emphasized it's a "discussion paper" to get boards talking, rather than a definitive course of action.

The full report can be read at ednet.ns.ca.

Man gets more than 2 years in jail for fatal crash

COURT A Nova Scotia man has been sentenced to more than two years in prison after being convicted of dangerous driving causing death and dangerous driving causing bodily harm.

Kyle Anthony Delorey, 31, of Lochaber Road has also been prohibited from driving for six years.

The charges were laid following a car crash in June 2008 that killed Patrick Derek MacEachern, 20, of Lakevale. Delorey and MacEachern's brother were seriously injured in the crash.

A victim impact statement from MacEachern's family, read in court yesterday, says they are devastated by Patrick's death and will never be the same again.

Delorey also addressed the court, saying he's truly sorry for Patrick's death and thinks about him every day. The canadian press

News in brief

REFORM The Law Reform Commission of Nova Scotia is calling for changes to provincial laws to encourage the cleanup of contaminated properties. A commission report on contaminated sites says such properties are subject to far-reaching environmental legislation, but current laws can discourage people from purchasing or investing in them. The report takes aim at the current system of assigning potential liability to almost anyone connected with the proper-THE CANADIAN PRESS



Video Watch the collision between a Japanese whaling ship and a protest boat at metronews.ca/world

Video Watch Mariah Carey's loopy acceptance speech at the Palm Springs Film Fest awards at metronews.ca, entertainment

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RCMP seize firearms from home after theft

PHILIP CROUCHER

CRIME Halifax RCMP say seized several firearms from an East Preston home yesterday, weapons they believe could be related to a robbery in the early morning hours of Tuesday in Lake Echo.

Police say a handful of firearms were stolen from a home on Linda Lane in Lake Echo in the overnight hours. They say either one

or a group of individuals broke in through the garage by breaking a window, and then broke the lock of a gun locker and took five firearms.

Police say a four-wheel ATV was also stolen.

Police spokesperson Cpl. Joe Taplin said yesterday their investigation led them to getting a search warrant at a home on Upper Patridge River Road in East Preston.

Taplin said police who were heavily armed entered the residence at 2:30 p.m. and recovered two firearms, ammunition, a stolen ATV, five power saws and lawn equipment. "The investigation will

continue to see if those were the same possible firearms stolen from Linda Lane," Taplin said.

Taplin added that a man on an ATV near the residence "left the area in a hurry and police couldn't locate him" prior to their search.

He said the homeowner - an 85-year-old woman

isn't involved, "but there are other people residing there with her.

Taplin said the robbery could be the work of one person, "but we'd never rule out more.'

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local

Yarmouth waterfront funding announced

The federal government announced yesterday close to \$300,000 in funding to go towards the revitalizations of the Yarmouth waterfront. West Nova MP Greg Kerr made the announcement with \$276,000 going towards the project. Work to be done includes a stage canopy, murals and a floating water fountain. METRO HALIFAX

Still time to work out a deal: Corbett

Union says it won't give up wage parity for rural hospital workers, school support staff

More than 7,000 workers in Nova Scotia's rural hospitals and schools will go on strike Jan. 18 unless tentative agreements are reached before then, but the province's deputy premier said yesterday there's plenty of time to reach a

Frank Corbett, who is also minister responsible for the public service commission, reacted with what appeared to be relaxed confidence when asked if a strike could be averted even though no talks are planned.

"Oh, yea ... sometimes you can get a deal in an hour," said Corbett, a former union leader with the National Association of Broadcast Employees and Technicians. "Sometimes it that makes the system takes more.

All of the employees involved — about 4,100 hospital workers and 3,000 school support staff work outside of Halifax and are represented by the Canadian Union of Public Employees.

Union leaders insisted yesterday the key issue is maintaining wage parity with workers in Halifax.

Wayne Thomas, spokesman for acute-care workers at 33 rural hospitals, said wage parity represents a line in the sand for his colleagues.

"For the last 10 years, we've had wage parity with Metro (Halifax)," he said. "Giving up what we think is the component work is not something we're prepared to do."

He said paying rural workers less would lead to an exodus of health-care workers from the rural hinterland to Halifax and other provinces.

The government has offered the rural employees a one per cent wage increase in each year of a two-year contract.

To maintain wage parity with their public sector colleagues in the Halifax area, the unions are seeking a 2.9 per cent increase in the first year of a threeyear contract, followed by one per cent increases in the last two years, said union spokesman John Mc-Cracken. THE CANADIAN PRESS



Karen MacKenzie, chair of CUPE Acute Care 118, speaks to reporters vesterday with Danny Cavanaugh, CUPE Nova Scotia president, listening on during a press conference at the Holiday Inn

Woman cries foul after entry to U.S. denied

A Muslim woman alleges she was mistreated by border officials at the Halifax Stanfield International Airport after she was denied entry to the United States.

Ayat Manna, who lives in Halifax, said she had a oneway ticket departing Monday for Cleveland, where she was planning to spend several months to visit her husband.

But the 25-year-old was held for questioning something she said made her believe she was targeted because she was wearing a head scarf and is a

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holes that extend 500 feet into the ground. Using a seawater cooling system,

cold energy will be harvest-

ed in the winter months

and stored underground in

the rock mass. METRO HALIFAX

Ayat Manna

 Originally from Jordan, Ayat Manna has lived in Canada for 15 years and studied commerce at Saint Mary's University.

 Manna said she returned to U.S. Customs on Tuesday with documents from her employer

Muslim woman.

She said border officials questioned her for more than four hours about why she was visiting the U.S.

"It felt like I was in the movies in a place where you'd done something indicating she was intending to return to her job and also provided bank statements.

 She said her plan had been to visit her husband and return home to her job and her par-

wrong," she said yesterday. "They started yelling at

me and being rude ... I'm not allowed to go to the washroom, I'm not allowed to use the phone" lowed to use the phone.

She said she was told to go home and escorted

from the building by the RCMP.

But a spokesman for the U.S. Customs and Border Protection Agency denied many of her claims of poor treatment.

"This was a standard, everyday admissibility review we do on hundreds of travellers trying to enter the United States everyday," said Steven Sapp from his office in Philadelphia.

He said the fact that Manna was wearing a scarf had nothing to do with her being held for questioning.

THE CANADIAN PRESS

Enviro group says get ready for more major storms

we know that

because (with)

means our shore

lines are going to

JON TATTRIE for Metro Halifax

CLIMATE CHANGE provincewide damage caused by last weekend's storm should spur Nova Scotians to prepare for more of the same, says the Ecology Action Centre.

The Halifax environmental group says storm surges are nothing new in province

with a 7,000kilometre coastline, but levels are rising and adjust to the climate levels are rising and "living syschange means storms once hit every century **be more vulnerable** now strike to flooding, every

years. Decause (with)
"We know more water, higher sea levels are levels reach further rising and we that inland." know means our Jennifer Graham, EAC lines shore

are going to be more vulnerable to flooding, because (with) more water, higher levels reach further inland," said Jennifer Graham, coastal co-ordinator for ECA. "The kind of things that happened in Cow Bay, Eastern

Passage. Chezzetcooks, Isle Madame, Cape Breton those are just a small sampling of the areas affected by this storm surge.

Bandage solutions like building seawalls aren't the whole answer, she argued: "We couldn't possibly afford to put seawalls against every square kilometre of our coast."

Instead, Nova Scotians and all levels of govern-"We know sea ment should

> tems shores, rather than adjusting the shores to suit our needs. That might mean relocating communities further buying or coastal properties to restore

lands, which act as natural "sponges" absorbing the excess water.

Share**Your**Views halifaxletters@metronews.ca

AIDS Challenge fit for Olympian



Olympian Richard Dalton of Halifax tries to solve a challenge during a preview of the first annual RBC Amazing Challenge for AIDS vesterday. The event takes place on April 16 and it will feature teams squaring off in a day full of physical and mental challenges. All teams will have the challenge of raising \$3,000 that will support the programs and services of the AIDS Coalition of Nova Scotia.

Co-founder of **Cumberland** Pride dead at 72

DEATH One half of Atlantic Canada's first legally married gay couple has died.

Norman Carter, 72, of Amherst passed away suddenly at home Monday.

"I knew he hadn't been feeling well and he was a little quieter than normal over Christmas, but none of us thought this would happen," Susan Reid, chair of Cumberland Pride said.

Carter made headlines in October 2004 when he and his partner, Gerard Veldhoven, were legally married soon after the Civil Marriage Act was passed. Prior to their marriage, they had been together for 30 years

Reid said Carter and Veldhoven were instrumental in developing awareness education and acceptance of the gay, lesbian, bi-sexual and transgender community and are considered the founding fathers of the Cumberland Pride group.

AMHERST DAILY NEWS

News in brief

BUST Police have charged a Dartmouth man with drug trafficking after a search warrant was executed at a home in Dartmouth on Tuesday, Police say officers found quantities of marijuana and cocaine, as well as assorted drug paraphernalia, inside the house in the 0-100 block of Highfield

Park Drive. They arrested a 47-year-old man at the scene without incident. Due to an outstanding parole warrant, the suspect was taken to the Central Nova Scotia Correctional Facility, and is scheduled to appear in court at a later date.

METRO HALIFAX

5

Members of a class-action lawsuit settlement in Newfoundland and Labrador's botched breast cancer testing scandal will seek to have the deal approved in court next month. In October, the province's largest health board and the law firm spearheading the lawsuit announced they had reached a \$17.5-million settlement. THE CANADIAN PRESS

Canada/World

Plight of Afghan women disturbing

Suicide seen as way to escape violence: Report

More Afghan women are choosing suicide to escape the violence and brutality of their daily lives, says a new human rights report prepared by Canada's Foreign Affairs Department.

The 2008 annual assessment paints a grim picture of a country where violence against women and girls is common, despite rising public awareness among Afghans and international condemnation.

"Self-immolation is being used by increasing numbers of Afghan women to escape their dire circumstances and women constitute the majority of Afghan suicides," said the report, completed in November 2009.

87% A British study, cited in the Foreign Affairs report, said 87 per cent of Afghan women complained that they were the victims of violence, half of it sexual.

The document was obtained by The Canadian Press under the Access to Information Act.

The director of a burn unit at a hospital in the relatively peaceful province of Herat reported that in 2008 more than 80 women tried to kill themselves by setting themselves on fire, many of them in the early 20s.

Many of those women died, the report said.

The frank evaluation of the plight of women was written against the back-drop of international debate last year over the Afghanistan government's so-called rape law.

The legislation, aimed at courting votes in the minority Shiite community, legalized rape within a marriage. It prompted outrage in Canada and many other countries.

THE CANADIAN PRESS

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Montreal police expect reprisals in simmering gang dispute, but say all-out war is unlikely.

Scan this code for the full story.

Peru Bonus baby



A child representing baby Jesus lies covered in cash as the hand of a man representing one of the Three Kings reads coca leaves in an Andean Indian market on Epiphany in Lima yesterday. Epiphany, also known as Three Kings Day, is celebrated by Catholics to commemorate the journey of the Three Kings who paid homage to baby Jesus.

Yemen sensitive about allowing U.S. intervention

Yemen's foreign minister said yesterday that his country opposes any direct intervention by U.S. or other foreign troops in the fight against al-Qaida.

Foreign Minister Abu Bakr al-Qirbi told The Associated Press in an interview that "there is a lot of sensitivity about foreign troops coming to Yemeni territory"

His comments came as Yemeni security forces launched a manhunt for the suspected leader of an al-Qaida cell believed to be behind a threatened attack that forced the closure this week of the U.S. and British embassies in the capital city of San'a.

Security forces swept into several areas where the militant, Mohammed Ahmed

al-Hanaq, was believed to be hiding in the mountainous region of Arhab, northeast of the capital, but have not located him, security officials said, speaking on condition of anonymity because they were not authorized to talk to the press.

The U.S. says the Arhab cell was behind a plot to send al-Qaida fighters into San'a to carry out attacks, possibly against foreign embassies. The U.S. and British embassies closed down Sunday and Monday, and other Western missions limited or stopped their access to the public

Security forces on Monday tried to capture al-Hanaq as he was moving through the Arhab region, prompting heavy clashes. Mohammed Ahmed and "There is a lot of sensitivity about foreign troops coming to Yemeni territory."

Abu Bakr al-Qirbi

Nazeeh al-Hanaq both escaped, but two fighters with them were killed. The U.S. and British embassies reopened the following day, saying the clashes had largely resolved the threat.

There have been media reports that U.S. cruise missiles or warplanes were involved in strikes carried out last month against several al-Qaida strongholds, which Yemen says killed at least 30 militants.

THE ASSOCIATED PRESS

Feds to check out safety of biofuels

HEALTH The Harper government is taking a harder look at an industry that has been a political and policy darling amid soaring fuel prices and fretting about greenhouse gases.

A study has been ordered into the environmental and health effects of producing ethanol and biodiesel after other countries found facilities that make renewable fuels could be behind problems with air, water and human health.

"Based on global production levels from the past three years alone, there is now evidence of implications to the environment from biofuels-based ethanol production facilities," says a government document released yesterday.

day.

"Biofuels (ethanol and biodiesel) are still viewed as 'green' energy sources by some, however, criticism of biofuels has also grown remarkably throughout recent years.

THE CANADIAN PRESS

Newfoundland Walsh sentenced



Jim Walsh, a former prominent Newfoundland and Labrador cabinet minister, is escorted from court in St. John's, yesterday. Walsh was sentenced yesterday to 22 months in jail and ordered to pay \$144,000 in restitution for his role in the province's constituency allowance spending scandal.

News in brief

ARCTIC American researchers suggest the melting season for Arctic sea ice is growing faster across much of the Canadian Arctic than anywhere else in the world. A recently published

article says that, on average, sea ice has started melting 2.5 days earlier every decade and begun to refreeze 3.7 days later

THE CANADIAN PRESS

News in hrie

KENYA A lone elephant charged out of the brush as an American family was hiking near Mount Kenya and trampled to death a mother and the one-year-old daughter she held in her arms, officials said yesterday. Four adults and the baby were walking with an unarmed guide when the elephant charged, said Kenya Wildlife Service official Michael Kipkeu.

U.S. President Barack Obama began his second year in office

with the second lowest job approval rating and highest disapproval rating of any president at that point in their term in 50 years. But the ratings do not necessarily predict political failure, since other presidents with low polling numbers have gone on to win re-election. According to Gallup, Obama started out his presidency with a 68 per cent approval rating. But that has dropped to 50 per cent going into 2010. THE ASSOCIATED PRESS

Prostitute loses case against school

NETHERLANDS A Dutch court has rejected a claim by a woman who sued her former high school for allegedly failing to stop her from becoming a prostitute. Maria Mosterd claimed Thorbecke School should have done more to prevent pimps preying on her and should have told her mother about her repeated school absence.

THE ASSOCIATED PRESS

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HALIFAX

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Comment

Pitfalls of resolutions

"We are also not

to live with while

always at our easiest



o, it's been almost a week. How are those resolutions holding up?

I wish you luck. The delinquency rates are high, and no wonder. This is a wretched time of year to embark on major renovations to one's finances, waistline, health or character. It's my personal conviction that to get through these dark, cold months, you'll need every vice and crutch you have in your arsenal

Bad habits might be easier dumped in June, but we persist in picking this arbitrary date to spontaneously

improve.

rive made one small, timid resolution, indeed one perhaps so incremental as to be meaningless. My beloved has a handful of semi-ambitious

ones and a better track record of making them happen.

nappen.
I see no sign so far that either of

our plans have us headed for couple trouble, which resolutions can bring about with unnerving ease. First and foremost, reso-

First and foremost, resolution season has us focused on our faults, thus reminding our partners of a few minor glitches instead of the pretty damn OK overall package. Excessive dissatisfaction with oneself can be contagious.

We are also not always at our easiest to live with while in the throes of selfimprovement. If you're trying to kick booze or smokes, your special someone gets to enjoy your irritability at deprivation or self-loathing at backslides.

You can also find yourself roped into resolutions you never made. If your partner is on a diet, especially

if you live together, good luck not ending up on it yourself. Misery loves company, and gets annoyed if you keep snarfing back the pizza.

It probably helps to share your resolutions with each other, to get that gym buddy effect and reinforce your respective resolve, but, in the face of entirely understandable failure, a little understanding goes a long

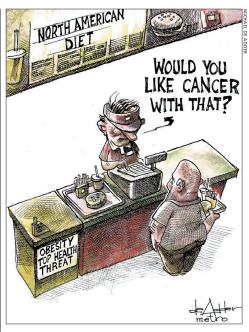
Ånd please, please, re-

frain from making resolutions for each other, or even suggesting them, except in extreme circumstances. Let's say you can suggest one every five years if you're willing to accept suggestions in turn, but I'd still suggest skipping it entirely.

Never far enough away, after all, is the ultimate hazard of this time of year: Getting resolved right out the door as your significant other starts taking stock and deciding what stays and what goes in his or her life, and you end up on the latter list.

It's not for nothing that family lawyers mark D-Day (Jan. 8 or thereabouts), the day that they begin the greatest annual volume of divorce proceedings. I suspect a lot of these begin as New Year's resolutions. Be careful out there.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



Worth mentioning

Report blows tetrapod theory out of the water

fin to foot fairly well under-

stood. The earliest tetrapods

had been traced to 385 mil-

lion years ago. Experts theo-

their close relatives, a fleshy-

million years earlier and then

finned family of fish, a few

gone on to conquer land.

rized they had split from

The water-dwelling ancestors of modern-day mammals, reptiles and birds

emerged onto land millions of years earlier than previously believed, researchers reported.

A set of fossilized footprints show the first tetrapods — a term applied to any fourfooted animal with a spine — were tread-

ing open ground 397 million years ago, well before scientists thought they existed.

An expert unconnected

with the research said the find would force experts to reconsider a critical period

in evolution when seabased vertebrates took their first steps toward becoming dinosaurs,

nosaurs, mammals and — eventually — hu-

man beings.
"It blows
the whole
story out of
the water, so
to speak,"
said Jenny

Clack, a paleontologist at Cambridge University.

The work appears in today's issue of the journal Nature. THE ASSOCIATED PRESS

We Know What You're Thinking



The number of Canadians who spend more than six minutes in the shower.



IPSOS REID

Views

Idiot box: Tuning out Berlusconi's TV culture

• Watch Women's

online

metronews.ca/fourthwave

Bodies



One of the joys of living in an immigrant household is the access to diasporic television. It connects you to your family's pop culture — which in my case consists mostly of soap operas, cooking shows and abnormally thin, doll-like beauty queens vying for the Miss Hong Kong crown.

So I understand the preoccupation with the idea of femininity, something that seems to afflict Lorella Zanardo as well. Her documentary-manifesto, Il Corpo Delle Donne (Women's Bodies), was borne out of the frustration of watching Italian television turn women into *veline* — bikini-clad talk show sidekicks.

In clips from the doc, the models are mocked for their ditziness, paraded before male talk show hosts in thongs, doused

within glasswalled showers, or (in a painfully literal analogy) hung from hooks like

meat. Despite the treatment, *veline* are celebrities, courted by famous soccer players, so it's no surprise some young Italian women report they strive to become

"Real women's bodies have been hidden away; instead we are presented with an obsessively vulgar image made of silicone lips, thighs, breasts: The truth is removed and replaced with a mask," Zanardo narrates, one she

says robs women of their identities, opinions, and natural beauty. "Who are we? What do we want? Why aren't all Italian women in the streets protesting against the way

On the web Tasked my

I asked my friend Nina, whose family watches Italian shows the way mine

watches Hong Kong ones, whether it really was as bad as the doc suggested. It is, she nodded.

The root of the problem? "It's Berlusconi," she said, referring to Italian Prime Minister Silvio Berlusconi. Before he ruled Italy's politics, he conquered its culture with his Mediaset empire of television stations. Veline are rampant on his channels, and a former model, Mara Carfagna, went on to become his

minister of equal opportu-

It's shocking there's been little backlash until now, but Berlusconi's popularity among women, his primary supporters, is waning. His dalliance with an 18-year-old highlighted the absurdity of this 73-year-old man's attitude towards women.

I was heartened to read

this from Italian professor Chiara Volpato in a New York Times op-ed: "Today there are two Italys: One Italy has soaked up Mr. Berlusconi's ideology either out of self-interest or an inability to resist his enormous powers of persuasion; the other is fighting back" — which means sooner or later, they're going to rise up and pull the plug on Silvio's TV set.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Canada still wants names of tax evasion suspects

Canada still hopes to persuade UBS to hand over the names of Canadian clients suspected of tax evasion, Revenue Minister Jean-Pierre Blackburn said on Tuesday. METRO NEWS SERVICES

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Government debt a concern: Pollsters

But majority expects better economy in 2010, study says

Canadians are starting to put their confidence back in the economy but their concern over government debt has risen, according to a new survey from Pollara Strategic Research.

The study found that 54 per cent of Canadians surveyed in December expected the economy will improve in 2010. That's far more optimistic than at the same time last year, when Canada was in the midst of a major global recession.

Only 20 per cent of those surveyed in the previous poll for the Economic Club of Canada expected 2009 would bring better times. The latest Pollara poll al-

The latest Pollara poll also found 17 per cent of respondents believe Canada is in a period of moderate growth, compared with

Slower growth

• The real challenge facing Canadians is not that the country will slip back into recession, but getting used to slower growth, economists say. An aging population and reduced demand are among factors that will determine how quickly the economy expands.

TORSTAR NEWS SERVICE

only six per cent who felt that way in 2009.

Pollara chairman Michael Marzolini told the Economic Club of Canada yesterday that while many Canadians' fears about the economy have abated, "the public has now shifted to focus on the growing national debt."

Marzolini said that the

number of Canadians expecting higher taxes has doubled since the survey last year.

The poll results were collected from 4,263 respondents on Pollara's online panel between Dec. 6-14. A sample of this size is considered to be accurate within 1.5 percentage points, 19 times out of 20.

The Pollara poll is the latest evidence that the Canadian economy is on the mend. THE CANADIAN PRESS

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Businesses increasingly look to socalled "cyber moms" as a lucrative and powerful customer base. Scan this code for the full story.

Las Vegas In your face



Mitsubishi 3-D glasses are shown in front of an 82-inch Mitsubishi Home Theatre TV with 3-D-Ready technology at the Consumer Electronics Show (CES) in Las Vegas, Tuesday. Riding what could be one of the next big waves in consumer electronics, 3-D TV sets will likely cost \$200 to \$300 US more than comparable flat-panel sets without 3-D capabilities, which already run more than \$1,000, officials say.

Business in brief

MARKETS The Toronto Stock Exchange set new trading and financing records last year, a period when the market gained just under 31 per cent in stock value. Canada's dominant stock exchange owner, TMX Group, said yesterday that total financings raised \$60 billion for companies, surpassing the previous record of \$47.6 billion set in 2007. Meanwhile, the total 2009 trading volume of 118.5 billion shares was higher than the record of 109.2 billion.

AUTOMOTIVE INDUSTRY General Motors Canada is denying a report that suggests it could reduce production at its Canadian plants when it adds new car models over the next few years.

THE CANADIAN PRESS

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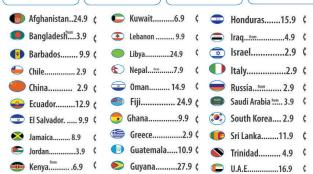












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NBA commissioner David Stern indefinitely suspended Gilbert Arenas without pay yesterday, saying the Washington Wizards guard is "not currently fit to take the court." Arenas is under investigation by federal and local authorities after admittedly bringing guns to the locker room. THE ASSOCIATED PRESS

Sports



Dawson elected into Hall

Andre Dawson was elected to the Hall of Fame yesterday in his ninth try, while Bert ven and Roberto Alomar fell just short of earning baseball's highest honour. The former Montreal Expos outfielder received 420 of 539 votes in results announced by the Baseball Writers' Association of America, 15 more than the 75 per cent necessary to gain election. THE ASSOCIATED PRESS

Mooseheads trade Metcalfe

Popular defender dealt to Moncton as Herd's youth movement continues



The Halifax Mooseheads have traded the QMJHL's penalty-minute king to the Moncton Wildcats.

Spencer Metcalfe will get a shot at a championship on a Memorial Cup contender after being traded to the Wildcats yesterday for a seventh-round draft pick in 2011.

The 19-year-old defence-man leads the QMJHL with a whopping 113 penalty minutes and 13 fighting majors in 37 games. Although he has just one assist all year, his plus-three rating was the Mooseheads' only positive plusminus.

"It was really hard to move him," said Moosegeneral manager Cam Russell.

"He was a very well-liked guy, a popular guy in the dressing room. He was a pleasure to coach. We'll miss his physical game and his leadership.

The Herd's youth movement fuelled the decision to trade the six-foot, 192pound Toronto native. Hal-

Trades

Here's a look at some key moves made yesterday in the QMJHL.

Goaltender Jake Allen, coming off a tough outing with Team Canada in Tuesday's gold-medal game at the world junior

championship, was officially dealt from Montreal to Drummondville for two first-

Defenceman Ian Saab of Halifax is on the move after Cape Breton dealt him to Lewiston to acquire Devils draft choice Eric Gelinas, a top blue-liner. Stephen Woodworth of the junior A Halifax Lions also goes to Cape Breton.

Pierre-Marc Lessard was traded from Moncton to P.E.I. for a fourth-round draft choice. The over-age forward had drawn mild interest from the Mooseheads.

ifax is building around 17vear-olds Garrett Clarke. Konrad Abeltshauser, Steve Gillard and Sawyer Hannay and has highly-touted 16year-olds Jamie Bishop and Trey Lewis waiting in the wings.

Metcalfe's along with that of fellow 19-year-olds Pascal Amyot and Paul Dimitruk, would have pushed one of the youngsters out of the lineup on a regular basis.

"It was an ice-time issue," Russell said.

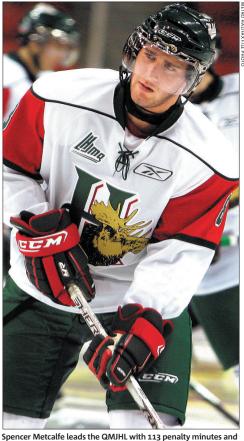
"We had eight defencemen and knew one of them had to go. We wanted to keep Bishop here and work with him. It became a numbers game.

drafted 19th Bishop, overall in June, was re-called on Dec. 2. Lewis, a fourth-round pick who is playing major midget in New Brunswick, is eighth on the depth chart.

The trade deadline is today at 1 p.m.

'We're listening, we're inquiring, but if it doesn't make sense, it's not worth doing," Russell said

"We're not done, that's not something's going happen.'



13 fighting majors in 37 games.

Cherished chance for Wigginton

HERD Halifax's Andrew Wigginton is getting the chance of a lifetime with the team he grew up cheering for

The 18-year-old rightwinger got a late Christmas present on Dec. 28 when the Halifax Mooseheads acquired him from the Bathurst Titan for a ninth-round draft choice.

Wigginton was whisked into the Mooseheads' lineup a day later, dressing in the home-and-home Battle of Nova Scotia with the Cape Breton Screaming Eagles, and is edging toward a permanent second-half roster spot with the club.

"It's been awesome," said Wigginton, who appeared in four games with the Titan last season but was skating with the junior A Halifax Lions this season. "I've lived here all my life and growing up I always wanted to play for this team."

The five-foot-11 182pounder is a former Dartmouth Subways captain who had 42 points in 35 games last season in the Nova Scotia major midget

> NATTHEW WUEST/ METRO HALIFAX

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YESTERDAY'S RESULTS

Toronto 108 Orlando 103 Atlanta 119 New Jersey 89 Boston 112 Miami 106 (OT) Cleveland 121 Washington 98 Golden State 107 Minnesota 101 New Orleans 97 Oklahoma City 92 Memphis at Utah L.A. Lakers at L.A. Clippers

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Rainmen searching for first win

MATTHEW WUEST
matthew.wuest@metronews.ca

BASKETBALL The Halifax Rainmen need to bounce back quickly, and they'll have to find their shooting touch to do it.

After an atrocious night from the field in their Premier Basketball League season-opener in Oklahoma on Sunday. the Rainmen can ill-afford a repeat showing tonight when they visit the Quebec Kebs at the University of Laval.

Long-bomber Desmond Ferguson went just onefor-eight from three-point range, while the Rainmen shot just four-for-25 in a 102-87 loss to the Lawgon-

Fort Sill Cavalry.
"It wasn't like they were bad or contested shots,

said Ferguson, who shot a deadly 45.2 per cent from beyond the arc his past three professional seasons.

"They were wide-open shots, shots I'm going to take every and time usually make time. Unfortunatelv, it was just a bad night. Hopefully, we got our bad shooting

night out of Desmond Ferguson the way for

the rest of the season." Newly-signed small for-ward Gregory Plummer and six-foot-10 centre Cory Underwood are expected to make their Rainmen debuts tonight.

The Kebs, meanwhile,

are set to unleash former PBL most valuable player Jeremy Bell, a six-foot-one point guard who they inked earlier this

week.

The Rainmen, who make their home debut on Sunday against the Kebs, know their season can spiral quickly out of control due to the league's short 20game schedule and the fact that only four of nine teams qualify for the play-

"We can't come out 0-2," the 32-year-old Ferguson

"It's early and the season's not going to be won or lost by the first game, but we can't let that second loss happen.

Impending free-agent Plekanec enjoying breakout campaign

HABS When Mike Cammalleri left the Calgary Flames to sign with the Montreal Canadiens as a free agent last off-season, many wondered how he would

perform without the benefit of playing alongside an elite player like Ĵarome Iginla.

But those same people never could have imagined the emergence of Tomas Plekanec as one of the NHL's top scorers, and you can count his linemate Cammalleri among them.

"I didn't know all that much about him," Cam-malleri said yesterday after the Canadiens held a team meeting and off-ice workout. "I've been very impressed with him and what he brings to this team

"The rest of it is for Bob and he and his agent to deal with, but I'd obviously love to have him."

"Bob" is Habs general manager Gainey, who is faced with the task of negotiating a new contract Plekanec before

he becomes an unrestricted free agent July 1.

Fitting Plekanec into a payroll that's already at nearly \$45 million US for only 13 players next season is going to be tricky.

Gainey was allowed to begin contract negotiations with Plekanec on Jan. 1, but refuses to say when or if those talks will begin. Plekanec has 46 points in 45 games.

THE CANADIAN PRESS

Anderson takes gold

Alpine snowboarder Jasey-Jay Anderson won gold yesterday in a World Cup parallel giant slalom race on a tricky Austrian course. THE CANADIAN PRESS



Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Eagle returns to take part in torch relay

It's as close to Olympic glory as Eddie (the Eagle) Edwards is going to get these days.

The British man who became a folk hero during the 1988 Calgary Olympics for his geek-chic and infectious smile — despite placing dead last in ski jumping has returned to Canada as an official torchbearer in Winnipeg.
The favourite Olympic

underdog was to run 300 metres with the flame this morning to usher it out of the Manitoba capital

Although his own dreams of glory were dashed over

two decades ago, Edwards is throwing

on the ski

jump as



Eddie Edwards

Britain's one-man team. "It's great. I'm loving it," Edwards said yesterday between a curling lesson at a Winnipeg rink and ice-skat-

ing on Manitoba's frozen rivers. "I'm honoured to be asked to take part in the Olympic torch relay and be a part of the Canadian Olympic ideals and dreams and aspirations."

The 45-year-old had been ski jumping for just two years when he decided he wanted to participate at the 1988 Olympics.

THE CANADIAN PRESS

High expectations

Men's aerialists hope to avoid repeat of Turin disappointments

Their reactions ranged from confusion to optimism to bitter disappointment.

Four years after a disastrous showing at the 2006 Olympic Games, Canada's top men's aerialists are in a far better frame of mind this time around, confident they can put the memories of Turin behind them.

Steve Omischl is the lone Canadian to have already secured his spot for the Vancouver Games while Ryan Blais, Warren Shouldice and Kyle Nissen are also hoping to make the Olympic team and help Canada deliver on the high expectations next month at Cypress Mountain.

They opened their World Cup season in December at Changchun, China, where Omischl was the top Canadian, earning a fourth- and a fifth-place finish. The preparation continues this weekend with a World Cup in Calgary.

The Canadian men are no strangers to pre-Olympic hype. Omischl, a native of North Bay, Ont., who now lives in Kelowna, B.C., was " I definitely bit off more than I could chew."

Steve Omischl

the defending World Cup champion four years ago. But he was battling a plantar fasciitis injury that cost him sev-

months of competition leading up to the Games. Ever the daredevil, Omischl attempt a difficult jump in the qualifying round, but botched the landing and ended up a disappointing

"I definitely bit off more than I could chew, and after coming off an injury, that was probably ill-advised," Omischl said during a recent interview.

"The whole coaching staff would probably agree with that, but that's what happens after coming off an injury and not training very

much that year and trying to do something harder than you're capable of. That's probably not the best scenario.' For Omischl

and former national team veteran Jeff Bean, who also failed to qualify for the final, the result was devastating. Omischl

was wreck afterward, sug-

metronews.ca/sports

gesting the qualifying miss was one of the worst moments of his life.

When asked if he has forgotten about the Turin fias-

"Well, it's ... nothing is ever behind you," said Omischl, who finished 11th at his first Olympics in Salt Lake City.
"You learn from what ex-

periences happen throughout your career.'

One of the lessons Omischl learned in Italy? Don't overcompensate.

"If anything, I'm just going to carry that knowledge that if I do have a minor setback or an injury going into Vancouver, that I don't have to, to use a

cheesy

hockey analogy, "grip the stick" so tight," he said. "I don't have to try that hard if I have a setback, I just kind of need to relax and trust in my abilities.'

THE CANADIAN PRESS

Thousands of banners being hung in Vancouver

The city of Vancouver has started installing thousands of lamp-post banners displaying official Olympic logos in the leadup to next month's Winter Games.

The 6,000 banners will be erected in the coming weeks throughout the city, featuring images of Olympic events and the official shades of blues and greens that make up the socalled look of the Games.

Vancouver is spending about \$650,000 on the project, with about half that paying for the banners and the rest covering the cost to put them up.

After the Games, the banners will likely be used for other purposes — as in the past, when about 700 banners celebrating Vancouver's successful Olympic bid were turned into backpacks.

The start of the banner program comes on the same day the city published an insert in a local newspaper to prepare residents for getting around during the Games, as well as giving them tips on how to treat

A top-10 list prepared by Tourism Vancouver asks people to help anyone who appears lost, be patient on public transit and invite visitors to come back to the THE CANADIAN PRESS

Some Olympic staffers unhappy about losing use of BlackBerrys

Steve Omischl

A power struggle at Vancouver's Olympic headquarters has left staff divided into two camps: Those who get to keep their BlackBerrys

and those who don't. Since Waterloo-based Re-

search In Motion, maker of the beloved communication device, is not a sponsor, Olympic staffers are being forced to turn in their Black-Berrys for an Omnia or a Vice, both made by South

Korea's Samsung, official provider of wireless com-munications equipment for the 2010 Olympics.

The move has been met with a thumbs down by some staffers at the organiz-

ing committee, known as VANOC, because they're frustrated with the touchscreen devices and say key functions like sending and reading email are nearly impossible. THE CANADIAN PRESS



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long-awaited renovations), is loud during large gatherings. All the lovely new

hard surfacing such as tiles and countertops and backsplashes reflect right back

at you the loud laughs. clattering dishes, excited

dog barks and shrieks

from over-stimulated chil-

Sensible people might consider rationing the sug-

ar and leaving the dog in a

doggie hotel, and I might just consider it next year.

Of course, I might have al-

so anticipated noise and

Cleaning up all that big Christmas mess

Struggling with post-Christmas clutter can suck the holiday cheer out of any home as festive lights yield to January bleakness, so Metro asked professional organizers for tips on reclaiming your space.

Jane Veldhoven, owner of the Halifax-based Get Organized!, says the first step is out with the old to make room for the new.

"I see so many people spending time moving their stuff from one place to another, when in reality there is just way too much stuff and no matter how much organizing you do, it's never going to be under control," she says.

Go online to offload your old TVs and sweaters. Use Facebook, Kijiji, Craigslist and your local freecycling site to find new homes.

'You post something on there you think no one will want and lo and behold, there they are," she says. "It amazes me."

If that doesn't work, give your excess baggage to fur-niture banks and charity stores. Veldhoven connects



Tidying after the holiday may seem daunting, but as author (of The Art of Organizing Everything) and consultant Rosalie Maggio says, "Procrastinating has its place."

"No matter how much organizing you do, it's never going to be under control."

Jane Veldhoven on the virtues of selling your old stuff

clients to an artistically inclined church that regularly funnels unwanted items to amateur artisans, who happily recraft them.

Rosalie Maggio, author of The Art of Organizing Anything, says don't fear the clutter. "Here's my theory: If you have clutter in the house, there's probably room for it in the house," she says. "What blows a lot of people is that it's so much to deal with.

So don't deal with it. Take Santa and the lights down, stuff things under the bed and make your house livable. Then forget about it until February

"Procrastinating has its place," the California-based consultant says.

When you do start, break it down. Line up the rooms and go after them one by one. Channel the clutter as you go by starting a pile at the front door for things leaving the house, one for keys, one for mail and even one for things that have no immediate home. This keeps things moving toward their intended destinations, cutting clutter off at the pass. When you get to re-storing things, use the unused spaces under the bed for clothes or nets hanging from children's bedroom walls for toys or in the garage for sports equip-

In the end, it only matters if it bothers you and your housemates, Maggio says. There are people who are just a mess, and they're fine. It's only other people who say, 'Do you have enemies? Who did this to

After a screaming holiday, some tips for quiet time so charmingly open and accessible to all (thanks to

dren.



arking dogs, crying babies, internet and TV chatter, and the sound of video games being played over and over again were all part of the holidays for me.

But I'm happy to report that, with the season safely behind us, I'm relishing the relative quiet of my work and home environ-

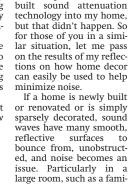
It also leaves me some time to reflect on how to go about minimizing noise in a household during those times of raucous merrymaking.

I've discovered that our kitchen, now

If you're thinking of putting

sions due to noise, try these

the dog in the kennel for occa-



hard surfacing. That doesn't mean every surface has to be covered in fabric. A good rule of

ly room, you need soft (porous) surfaces to absorb

noise rather than reflective

thumb is to cover at least 25 per cent of surfaces in a room in

> ric or soundattenuating fin-

fab-

ishes. For example, a rug on

the floor — on any type of uncarpeted flooring — will do wonders. Not only does it prevent loud clattering and footfalls, but it helps absorb ambient noise.

Sofas and chairs upholstered with fabric also provide a surface that absorbs noise, as do fabric cushions and throw blankets.

If it works with your décor style, also consider covering a long unadorned wall with fabric panels, a wall hanging or patterned rug to help dampen sound.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



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Crawford rejects '80s trend

 $Cindy\ Crawford\ refuses\ to\ wear\ the\ '80s\ trend\ because\ she\ was\ around\ the\ first\ time\ it\ was\ popular.\ The\ 43-year-old\ supermodel\ --\ who\ she was\ around\ the\ first\ time\ it\ was\ popular.$ quit full time modelling in 2000 — doesn't always wear what's in fashion because she now knows what flatters her. FEMALEFIRST.CO.UK

11





How the West is worn

Thousands of cowboys and cowgirls will be decked out in their Western finery at the National Western Stock Show in Denver this month. So what is today's well-dressed cowboys and cowgirls to wear? A clean hat with a carefully creas crown, maybe in a style called "Cattleman" or "Montana" or "Gus." They might also wear a brightly coloured shirt and heavily starched jeans. Left: A cowgirl-inspired design from Canadian design label Dsquared2. THE ASSOCIATED PRESS

Canada's Next Top Paper Dolls

Fashion designers commemorated in cutouts

JANINE FALCON



DESIGNS In the early days of her enthrallment with fashion, when she was a child, fashion illustrator Danielle Meder checked costume-history books out of the library and used them as reference to make paper dolls and elaborate cut-out paper gowns.

She moved on to other mediums as she grew older, but returned to paper dolls last fall to commemorate Toronto LG Fashion Week's spring/summer 2010 collections.

"Every time fashion week comes around I look for a way to cover it that is different," said the Rverson fashion grad in an interview with Metro. "The season before, I did watercolour postcards."

In total, Meder's charming project consists of 15 designcollections (including Vawk, Evan Biddell, Jessica Jensen, Pink Tartan and even Sears Attitude), 17 paper dolls and more than 60 items of clothing and accessories. "I did the drawings by hand, inked the outlines, scanned them, and coloured them in Photoshop," explains Meder. Each doll took about three hours to complete.

Paper Dolls is available as a bound book printed on heavy stock for \$43 US from blurb.com, as well as in PDF form for \$17.95 directly from Meder via finalfashion@ gmail.com. A free download is also available on her blog, finalfashion.ca.





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8-Day Tour from \$1185 taxes & fees included HIGHLIGHTS Cuzco, Sacred Valley, Ollantaytambo, Inca Trail, Machu Picchu & Cuzco. Departs Lima.

Sailing Adventure, 7-Day Tour

HIGHLIGHTS Koh Ping Kan, Gypsy Sea Village, Koh Yao Noi, Maya Bay, Koh Phi Phi Islands, Phang Nga Bay, Bay Hai Harn, Koh Yao Yai. Roundtrip Phuket.

Morocco

15-Day Tour from \$1**52.5**taxes & fees included
HIGHLIGHTS Fes, Rabat, Meknes, Sahara Desert Camp, Todra Gorge, Ait Benhaddou, Imlil, Essaouira & the sougs of Marrakech. Departs Casablanca.

Australia Beaches & Reefs

from \$ | 680

HIGHLIGHTS Cairns, The Whitsundays, Fraser Island, Surfers Paradise, Coffs Harbour, Shoal Bay

1866 317 0963 | flightcentre.ca

taxes & fees \$447

from \$ 499 + taxes & fees \$365



Former Destiny's Child star Michelle Williams will see her name in lights next month when she highkicks her way into the starring role of Roxie Hart in Chicago on Broadway. METRO NEWS SERVICES

Madge mix Madonna is set to take a new rap-Entertainment rock direction. The singer is wor with rap producer A-Trak and rock producer Brendan O'Brien in an attempt to merge the genres on

Ke\$ha's Animal is irresistible

Album: Animal Label: RCA/Sony Rating: 🕮 🕮 🧏

sort of althat bum critics are supposed to like. It oozes



autotune and celebrates a frat-girl culture where the two most important things in life are getting naked and guzzling Jack. Still, these songs are irresistible. As a matter of fact, the first single, TiK ToK, is the first No. 1 hit of the new decade. There's almost a Zap-paesque quality to the adolescent hedonism depicted here. How can you not fall in love with a song like Party at a Rich Dude's House.

Is there, after all, anything better than drinking other people's Dom Perignon ... guilt free? Then there's that voice. It may not possess the power of Streisand, but unique and readily identifiable — it does have its virtues. And how about those freckles? We're going to be hearing a lot more than just TiK ToK from this. n Rockingham/for Metro Canada

The Parkas

Album: You Should Have Killed Us When You Had the Chance Label: Saved by Radio Rating: @@@

IF TORONTO GROUP the Parkas broke last lackluster album.





KeSha's debut album Animal features the hit single TiK ToK.

no one would have been upset. Instead the band's four members simultaneously quit and released the best album of their career. On their third record, they finally found themselves.

They've made pop and rock records before, but this is the first time they've melded straight-up rock with quirky pop. And the results are admirable. Every track is as catchy as the next and

they perfectly balance aggressive sounds with touching pop sensibilities. Hopefully there will be a reunion in the near future.

Bryan Borzykowski/for Metro Canada

By Divine Right

Album: Mutant Message Label: Hand Drawn Dracula Rating: @@@1/2

DIVINE **RIGHT** is a bit like the Second City of music. Musicians ioin



the band to hone their chops then leave for greener pastures (Brendan Canning, Leslie Feist and Brian Borcherdt to name a few). That leaves José Contreras, the group's founder, to guide the band through

AlbumReviews music@metronews.ca

different incarnations, sounds and eras. The group, now a trio, deliver a beautiful collection of psychedelic indie rock sounds on its first disc in five years. It's not unlike some past work, but with new bandmates it feels fresh and re-energized. Pisco Sour is an especially fun and bouncy tune.

Bryan Borzykowski/for Metro Can

On the web

 Read Metro's reviews of the new albums from Mudvavne and Diana Panton at metronews.ca/music.

7:00 10:00 10:30 The Interpreter *** (2005, Suspense) Nicole Kidman, Sean Penn. The Border (N) Inside Edition Chronicle Degrassi: Next TMZ (N) The Nature of Things (N) Virginie (SC) Gars, fille The Hour Zone doc (HDTV) (N) (SC) 3600 secondes d'extase (SC Wheel Fortune Jeopardy! (N) Km/h (SC) Bloopers CSI: Crime Scene Inv CSI: Crime Scene Invstgtn. The Mentalist Juste pour rire (SC) The Office The Office CSI: Crime Scene Invstgtn. Km/h (SC) Blo 90210 "The Porn King" TVA nouvelles CTV News The Mentalist (HDTV CSI: Crime Scene Invstatn. Community Matters Fringe "Grey Matters The Office 30 Two/Half Men Two/Half Men Fox First Jay Leno Show Nature-Things Extra (N) Community Parks-Recreat CBC News: The National Connect Today's biggest stories Greater Boston Basic Black This Emotional Life "Family, Friends & Lovers" (DVS) Human Spark 4 4 4 PBS-B PSS Newshour (N) 35 35 35 PBS-D PSS Newshour (N) 68 68 68 TQS Guerre clans Le Mur 23 96 96 BNN Business News Headline 18 18 16 NN Situation Room-Wolf Bilizer 54 54 54 GQLF (4:30) PQA Tour Golf SSS Ch Business Rpt. Worldfocus Taxi payant (N) Smile TV (N) This Old Hse. Hometime Lipstick Jungle (SC) GetConnected Market Call This Old H'se Sherlock H. Taxi payant (N) Sn Market Call Tonight **Business News** Campbell Brown (N) Golf Central PGA Tour Golf CNN Tonight (N) Larry King Live (N) Cooper 360 | 154 54 54 GOLF | 4/30) PGA Tour Golf SSS Champie | 52 52 RSE | Connected W-Prime Time | 53 55 55 SCOR HSR | Covers Experts | 45 45 45 SPD | Unique Whips | 53 53 TSN | Off the Record | SportsCentre | 43 43 43 FAM | Han. Montana | Wizards-Place | 44 44 TOON | Jimmy Two | Johnny Test | 62 62 62 RTEE | Wonder Pets | 3rd & Bird | 67 77 YTV | ICarly | To Be Indie | 16 16 A&E | The First 48 (HDTV) | 70 70 70 APTN | APTN ABIONAL | APTN | APTN ABIONAL | NOR | 17 73 73 PBYO | Wind at My Back | 17 8 PATR | 18 World of Sport PartyPoker.net Best Damn Top 50 Special Overtime Sportsnet Con. WEC Best of 2009 Score on NFL Pass Time Score Today Pass Time FullTiltPoker.net Million Pinks -- All Out (HDTV) Pinks Outtakes Jacked! Wrecked NHL Hockey Ottawa Senators at Washington Capitals. (HDTV) (Live) College Football Wizards-Place Latest Buzz Ned's School Futurama King of the Hill The Matrix Sonny Chance Zack & Cody Stoked Total Drama Ned's School 6TEEN Backyardigans Night Garden iCarly Fries That? Little Bear Maggie-Beast Babar 8 Simple Rules What I Like Family Bi The First 48 "Last Wish" The First North ** (1994, Comedy-Drama), Bruce Willis Waybuloo Franklir iCarly Fr The First 48 (HDTV) Malcolm-Mid Hates Chris The First 48 (HDTV) Wapos Bay By the Rapids Moose TV Hockey Monica: Still The Walking Dead ** (1995, Dra Foolproof ** (2003, Suspense) Monica: Still PhotoXplorers Writers Innovators | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 | 157 According-Jim According-Jim Home Improve. The Simpsons South Park Demetri Martin Psychic Detect Homicide File Critical Amer. Funniest Home Videos Reba Reba Air Farce Situation Critical 22 Minutes Corner Gas **Dumb Criminal** Cops Uncut Mega Beasts The Terror Bird. Holmes Inspection MythBusters 38 38 38 DISC Cash Cab How It's 34 48 48 HGTV Extreme Makeover: Home How It's Made Daily Planet (N) Mega Beasts House-Bryan Property Virgin Real Renos (N) House Hunters 46 46 HIST Ancestors A 17 17 MM Make It or Break It 19 19 MMM mmtop10.ca Ancestors Pawn Stars **Ancient Discoveries** Ancestors Ancestors Nostradan My Date With... MuchMusic Countdown '09 Nostradamus Video on Trial | disBAND Degrassi: TNG Costa Rica The Daily Fix Ringo Starr: Off the Record Entourage Polytechnique (2009, Historical Dram The Gambler, the Girl and the Gunslinger Operate-Repo Operate-Repo Ghost Hunters Law & Order: SVU Just Friends 48 23 23 OLN Mantracke 51 51 51 PEACH The Office Ghost Hunters Destination Truth Family Guy Family Guy House-Payne House-Payne | Section | Sect ** (1969, Western) John Wayne, Gl 24 Heures en 60 minutes Relic Hunter Spartacus (1960, Historical Drama) Le Téléjournal (SC) (7:45) True Grit # RDI économie ands reportages (SC) Rich Bride, Poor Bride Last 10 X-Weighted "Gaia Re-Vamped Locusts: The 8th Plague (2005) Stargate Atlantis (DVS Lost "Jughead" TNA Wrestling (HDTV) The View (HDTV) UFC Unleashed (HDTV 7 98 98 STAR etalk TMZ (N) 21 21 21 TLC Say Yes-Dress Say Yes-Dress 56 34 34 TROP Planet Soap Comeback Dr. Oz Show Look-A-Like The Ellen Degeners American Chopper Samily Guy Family Guy The Ellen DeGeneres Show (N) BBQ Pitmasters (HDTV) Reality What Happen? American Chopper (N) Seinfeld Seinfeld Family Guy Horizons (SC Un oeil sur la planète Humanima On the Buses | 'Allo, 'Allo! Love Me Tender ★★ (1956, Cold Case Cold Case Missing "Exposure Confidential Confidential Dine With Me | Love It-List It Divine Design The Vampire Diaries Two/Half Men Family Guy Supernatural (HDTV)

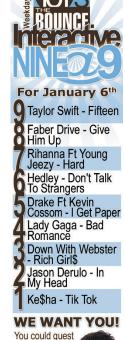
critics'corner___

The Nature of Things The Nature of Things Bees may be a nuisance, but we can't live without them. The new episode "To Bee or Not to Bee" looks at scientists' efforts to understand why bee colonies around the world are disappearing and what it means for humans. Without bees to pollinate plant life, the whole food chain could be affected. The program also addresses the question of humans' responsibilities as stewards of the planet. David Suzuki hosts. 8 PM on CBC



Parks and Recreation
Leslie (Amy Poehler) learns the
library department, which is run
by Ron's (Nick Offerman) exwife (guest star Megan Mullally),
wants to take over her lot — and
Ron's ex still has a powerful
hold over him. Andy (Chris Pratt)
gets a job in hopes of winning
back Ann (Rashida Jones). Aziz
Ansari also stars in "Ron and
Tammy." 9:30 PM on NBC

House of Bryan
He's an old pro at cleaning up
other people's messes, but this
job isn't just close to home — it
is home. This new series follows
"Disaster DIY" host and contractor Bryan Baeumler as he tears
drown his own family's humalow down his own family's bungalow and builds a dream house. It and bullds a dream house. It may be his personal project, but it's still subject to all the delays, budget overruns and other glitches that befall construction projects everywhere. 10 PM on HGTV



host the Interactive

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with Kid Craig.

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Top chefs heat up website

Top chefs are in action at the Restaurant Association of Nova Scotia's extensive website. View interesting and fun videos at ns.edining.ca/ and sign up for RANS newsletter while you're there. METRO NEWS SERVICES

entertainment 13

Urban Foodie

⊕⊕⊕⊕⊕ INSPIRED; ⊕⊕⊕⊕ VERY GOOD; ⊕⊕⊕ PALATABLE; ⊕⊕ HO-HUM; ⊕ NEVER AGAIN

King's Palace not fit for a king

VALERIE MANSOUR

King's Palace Restaurant 6140 Quinpool Road Halifax, NS 423-1247

Rating: *** Dinner & drinks for 2:

It's been years since I've eaten at King's Palace. The décor hasn't changed much in this large restaurant, and it's still just as welcoming and comfortable as I remember.

The Spring Rolls (\$1.70 each) are excellent. The pastry is crisp and not at all greasy, and the vegetables taste fresh.

Chicken Lemon (\$9.95), made with tender slices of lightly battered chicken, covered in a lemony sauce with strips of onion and carrot on top and served with fresh lemon, is a flavourful hit.

But the Shredded Pork

On the web

• Get recipes and more great food content at metronews.ca/recipes

with Szechuan Vegetables (\$10.25) is less successful. While it contained large chunks of nicely-cooked green and red peppers, carrots, water chestnuts and broccoli, as well as miniature corn, we couldn't find any pork.

King's Shanghai Style

Noodles with Beef (\$9.95) has strips of vegetables and large chunks of tender beef over thick noo-

Our server — obviously new to the job, but friendly - warns us that we've chosen a hot number, but the warning is not necessary as the one we get is certainly not very spicy.

Although we don't really feel like royalty eating at King's Palace, we do leave satisfied. It's cheap and cheerful dining.



Lemon Chicken (\$9.95)

Global Peasant blog online

- Travel with Diane Thompson in her Global Peasant blog.
- Check out metronews.ca/ globalpeasant for a recipe of oven roasted radishes



Dining out

DINE AND WIN Cocoa Pesto Bistro at the Woodshire Inn in Windsor is giving away tickets to see Joel Plaskett. Feb. 13. Visit their website at cocoapesto.com, dine at the bistro and fill in a bal-

DINE AND DANCE Enjoy pub grub on Saturday from 4 p.m. to 8 p.m. with Joe Murphy and the Water Street Blues Band at Your Father's Moustache, 5686 Spring -VALERIE Garden Rd. MANSOUR /FOR METRO TORONTO

In **brief**

EXPERIENCE the fabulous food and wine of Italy first-hand. By The Glass Tours is offering a tour to Tuscany from May 22 to 30, 2010 (\$3,495 per person). For more information visit bytheglass.ca.

METRO TORONTO

Metro Recipe of the Day

Ginger and Tomato Shrimp Curry

A bag of frozen shelled and deveined shrimp is a weeknight cook's dream. These shrimp are delicious, versatile, can be kept on hand for months and - most important can be on the table in no

INGREDIENTS:

- -1 Pound large shrimp, peeled and deveined
- -1 medium yellow onion, diced
- -1 jalapeno pepper, diced -3 clove garlic, minced
- -1/2 Teaspoon turmeric
- -1/2 Teaspoon chili powder -1/2 Teaspoon grated fresh ginger
- -3 kaffir lime leaves
- -1 can diced tomatoes -1 Tablespoon tomato paste
- Zest and juice of 1 lime -1/4 Cup chopped fresh cilantro
- -Salt and ground black pepper, to taste

METHOD:

1. To prep frozen shrimp for cooking, dump them

in a strainer and run them under cold water for about five minutes or until fully thawed. Be sure to let them drain well afterward.

2. In a large saute pan over medium-high, melt 2 tablespoons of the ghee. 2. Add shrimp and sear for about 1 minute per side. 3. Transfer shrimp to a plate and set aside.

4. Discard any liquid in the pan.

5. Return pan to medium heat and add remaining ghee. Once ghee is hot, add onion, jalapeno and garlic.

6. Saute for 2 to 4 minutes, or until onion is tender. 7. Add turmeric, chili powder, ginger, lime leaves, tomatoes and tomato

paste. 8. Simmer for 5 minutes. 9. Return shrimp to pan, mixing and heating thoroughly

10. Stir in lime zest and juice and the cilantro. Season with salt and pepper. * Serve this dish with plenty of rice to soak up the iuices.

THE ASSOCIATED PRESS



14 entertainment



Robbie Williams plans to get married on Valentine's Day, femalefirst.co.uk reports. The singer got engaged last week but is desperate to make Ayda Field — who he has been dating for around three years — his wife. METRO NEWS SERVICES

Celebrity Buzz

Miley Cyrus comes clean on recent tattoo's meaning

Cyrus is speaking out for the first time about the phrase she recently had tattooed under her breast, "just breathe."

The 17-year-old says she got the body art as tribute to friends and who family passed have away.

really / doesn't hurt you're thinking about the meaning. could never get meaningless

tattoo.

but I think that if you're doing something that's important, that's significant in vour life, it takes some of the pain away," she tells Harper's Bazaar.

"It reminds me not to take things for granted. I mean breathing — that was something none of them could do, the most basic thing. And I put it near my heart, because that is where they will always be."

WORLD NEWS

Russell Brand, Katy Perry engaged

of

isn't

ing:

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having

with

singer,

MORE WEDDING BLISS Word is circulating that comedi-an Russell Brand and singer Katy Perry reportedly are engaged, with us-magazine.com reporting Brand has confirmed the impending nuptials.

Brand, 34, is quoted in Wednesday's editions of the Britain Sun as texting, "It's true. Much love."

Adding fuel to the flame, 25.

Tweeted around 1 a.m. New York time from Thailand on Wednesday an oblique reference to an Alanis Morrisette song: "So when do I start walking the streets naked singing that Alanis song?'

Morrisette's lines in Thank You include: "How about me just enjoying the moment for once" and "Thank you India" (where the couple vacationed recently).

The couple, who've been mous for her over-the-top dating since this aufruit-themed props. On the domestic front, tumn,

Williams wants wedding bells

Perry has already intro-duced the comedibeen nearly inseparable since hooking up. an to her religious par-But that there ents, and once rumours showed off a pair nuptials of undies embroidered surpriswith the colors of his Brand hinted earlier favorite soccer team, West Ham this month that foresaw United.

> NEWS SERVICES

METRO

Lopez mad at not being nominated for Oscar award

PERFORMANCE TO RIVAL GIGLI Jennifer Lopez feels a little neglected by the Academy. The singer and actress believes her role in 2006's El Cantante was Oscar-worthy, even if she didn't get a nomination.

I feel like I had that in El Cantante, but I

don't even think the Academy members saw it. I feel like it's their responsibility to do that, to see everything that's O11f there, everything that could be great," Lopez tells Latina magazine, though she insists she's not bitter. "Things will happen when they're supposed to happen. You can't get all crazy twisted

METRO NEWS SERVICES



Visit alc.ca/lottomax



Taylor Swift has body image insecurities

AS DO MANY STARLETS AND THE YOUNG GIRLS WHO IDOLIZE THEM... MAKES YOU THINK, DOESN'T IT? Taylor Swift doesn't like her body, femalefirst.co.uk reports. Despite her glittering film and music career, the 20-year-old starlet isn't confident with her appearance and is inundated with insecuri-

ties about her face and body.

She said: "I definitely have body issues, but everybody does. When you come to the realization that everybody does that — even the people that I consider flawless — then you can start to live with the way you are.

"I've read interviews with some of the most beautiful women who have insecurities. And you look at them and you're like 'How do you

have?' Name one thing wrong with yourself and they could name a handful."

However, Taylor has vowed to beat her insecurities and learn to love her body.

She said: "I don't really want to be that way. I'd like to try to maintain confidence and stay okay with who I am be cause I don't really want to change it. Everybody has inse-

curities - everybody - but hopefully you can overcome them.

METRO WORLD NEWS

Celebrity tweets

looking out for the foxes and Tila Teguila starts a feud with Perez Hilton @eddieizzard In the UK,

the Tory party will bring back fox hunting if they can win an election. They haven't changed from last time.

@OfficialTila

@PerezHilton haha already showing your true colors like a fat little kid who lost another can-

METRO NEWS

dv bar.

Manson pops auestion?

over it.

ENOUGH WEDDING BLISS TO MAKE YOU SICK Marilyn Manson apparently wants to make it official with Evan Rachel Wood, The singer reportedly proposed to Wood onstage at a Paris concert earlier this week, according to the Daily Mirror. The delighted 22vear-old actress eager-

to the

report.

SERVICES



I'm not jok-

Stallone fractured neck in fight with Stone Cold

ing," Stallone tells FHM Sylvester Stallone magazine. "I haven't got a little to into told anyone this. his work while but I had to have filming The Exa very serious oppendables, with eration afterwards. I one fight scene • now sending him to the have a metal plate in my neck." hospital with a broken neck. "My fight with METRO NEWS Stone Cold Steve SERVICES Austin was so vicious that I ended up getting a hairline fracture in neck. mv

Claimant seeks cash from Jacko estate

IT JUST DOESN'T STOP One of member the exact details the many claims filed of their brief maragainst Michael Jackriage, but the prison's estate turns vate ceremony out to be from a place at a took New York hotel, woman who claims she was and the only briefly married to witnesses were hotel employ-ees, according the eccentric pop star in the 1970s. to TMZ. Smith is Shellie seeking Doreen spousal Smith support. says she NEWS does-SERVICES











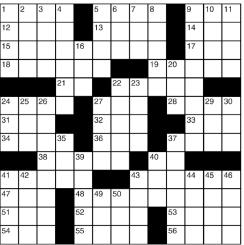
engagement

24 Easy as –

entertainment 15

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3	9				4	8
1	8		6		2	5
		8		4		
	4	9		5	1	
	2	7		1	8	
		6		9		
7	5		1		9	3
9	1				6	7

1 Not barefoot 5 Let off some steam 9 Debtor's letters 12 Art-class model, often 13 Early pulpit 14 Springtime mo. 15 Classic sitcom 17 Face 18 End of a sentence? 19 Obliterate 21 With 40-Across, in which case 22 Milk dispenser? 24 Eager 27 "CSI" evidence 28 Nitwit 31 Bing's pal 32 Sternward 33 Army rank (Abbr.) 34 Skelton's Kadiddlehopper

36 Conk out

38 Minimum

37 Read cursorily

40 See 21-Across

On the web

41 Pandora set

them free 43 Provoke 47 Last letter 48 Theme song of vaudeville's Eva Tanguay 51 Gun the engine 52 Catastrophic 53 Differently 54 Mimic 55 Foil's cousin 56 Harvest 1 Quick cut 2 Island dance

3 Stench 4 Lacking, with "of" 5 Low land

6 Ostrich's cousin 7 Leno's network 8 Monkeyed (with) 9 Simon and Garfunkel song 10 Piece of work 11 Egg on 16 Sprite

20 Scarlet

23 Social

FAULT!

FREUDIAN SLIP

22 Ill-suited

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8 5

9 7 6 8 4 5

1

25 Abbr. on a book's spine 26 Inspirational song of 1953 27 June honorees 29 Luau bowlful 30 Shade source 35 Gibson or Brooks 37 Association football 39 Remark to the audience 40 Perch 41 Pound of poetry 42 Second in command, maybe 43 Dandling locale 44 Hardy cabbage 45 — Minor 46 Chick's comment 49 Pickpocket

50 Galena or

cinnabar

4 6 7 2 5 8 3 1 9

7 8 6

5 2 4

4 5 3 7 2 6 9 8

2 3 8 9 6 1 5 4 7

3 2 9 6 1 7

1 4

9 3

8 2 1 9 3

4 3 9 2 7

4 8 5

9 2

8 6 1

1 3



Quick Thai Chicken Pizza

Submitted by: Darlene Chapman Dawson Creek,

INGREDIENTS:

1 boneless skinless chicken breast 1 Cup skim milk

mozzarella cheese 1 Cup shredded carrot (packaged ok)

1 Cup bean sprouts 4 whole wheat large tortillas

2 Tablespoon olive oil 2 Teaspoon sesame oil

2 Tablespoon tahini paste (look for this in the peanut butter section of the supermarket) 2 green onion

2 Teaspoon sesame seeds

METHOD:

1 Heat oven to 375°F 2. In microwave oven container cover chicken breast with 1 tsp sesame oil, cook according to microwave directions. 3. Remove and let sit while preparing crust. 4. On large cookie sheet,

sprinkle 1/4 cup cheese over 2 tortillas, top with additional 2 tortillas. Cook in oven for 5 minutes. 5. Remove from oven when cheese has melted. spread each tortilla with 1 tbsp of olive oil and 1 tbsp of tahini paste. 6. Dice chicken and divide on two tortilla pizzas.

7. Divide remaining cheese, pop back in oven for approx 7-10 minutes until melted.

8. Sprinkle shredded carrots and sprouts on top of pizza.

9. Top with chopped green onions and sprinkle 1 tsp sesame oil and 1 tsp of sesame seeds on top of each pizza.

SERVES 2

PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minute

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

You will be tempted to do something outrageous today, just to spice things up a bit. You must not go too far over the top. You'll regret it if you do.

LIBRA SEPT 23-OCT 23

Two groups of friends - one to do with your work and one to do with your family – are unlikely to mix well today, so keep them apart if you can.

TAURUS

APRIL 21-MAY 21
You will have at least one and maybe several opportunities to move up in the world over the next few days, but will you take advantage of them?

SCORPIO

OCT 24-NOV 22
Watch what you say and how you say it over the next 24 hours, because your words may be interpreted as being overly aggressive or antagonistic.

GEMINI

MAY 22-JUNE 21 You can sense that something good is going to happen but because you are so impatient you may try to hurry things along, and that could be a mistake

SAGITTARIUS

NOV 23-DEC 21
In all areas, but especially when dealing with people you don't know too well, avoid excessive behavior. Tone down your act a bit.

CANCER JUNE 22-JULY 22

Something will happen so sud-denly today that you may be shocked by how quickly a situation you thought you had un-

der control deteriorates CAPRICORN

DEC 22-JAN 20

The urge to do something drastic, especially in regards to your money situation, must be controlled.

LEO JULY 23-AUG 23

You may be tempted to take some kind of risk today, the kind of risk that has paid off for you many times in the past. It might swamp you.

AQUARIUS

JAN 21-FEB 18
A setback of some kind will throw your day into confusion and there is really not a lot you'll be able to do about it. You'll survive it.

VIRGO AUG 24-SEPT 22

Someone will play on your emotions today, most likely just for the fun of it. They can only hurt you if you take what they say seriously.

PISCES

FEB 19-MARCH 20 Your wellbeing is very much on

your mind at the moment and you may be thinking of starting a new health or fitness regime That's good, but don't go crazy.

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This day in history

1959 – The United States recognizes the new Cuban government

1980 - President Jimmy Carter authorizes legislation giving \$1.5

billion in loans to bail out the Chrysler Corporation. 1990 – The interior of the Leaning Tower of Pisa is closed to the public because of safety concerns

1993 – The Fourth Republic of Ghana is inaugurated with Jerry Rawlings as President.

1999 - The impeachment of President Bill Clinton begins.

METRO NEWS SERVICES

FLIGHT CENTRE Unbeatable

Punta Cana

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SXT Appearance Group

HD Snowplow Prep Group, Trailor Tow Group, Anti-Spin

Differential, Clearance Lamps, U-Connect, Remote Start

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2010 RAM REG CAB 1500 4X4

4.7L V8, 5 Speed Automatic, Trailor Tow Package, SXT Appearance Group



2010 RAM REG CAB 2500 4X4

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start



2010 RAM QUAD CAB 1500

5.7L HEMI, SXT Plus Decor Group, Security Group, Power Group, Tilt, Cruise, A/C, U-Connect



2010 RAM CREW CAB LONG BOX 2500

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start

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